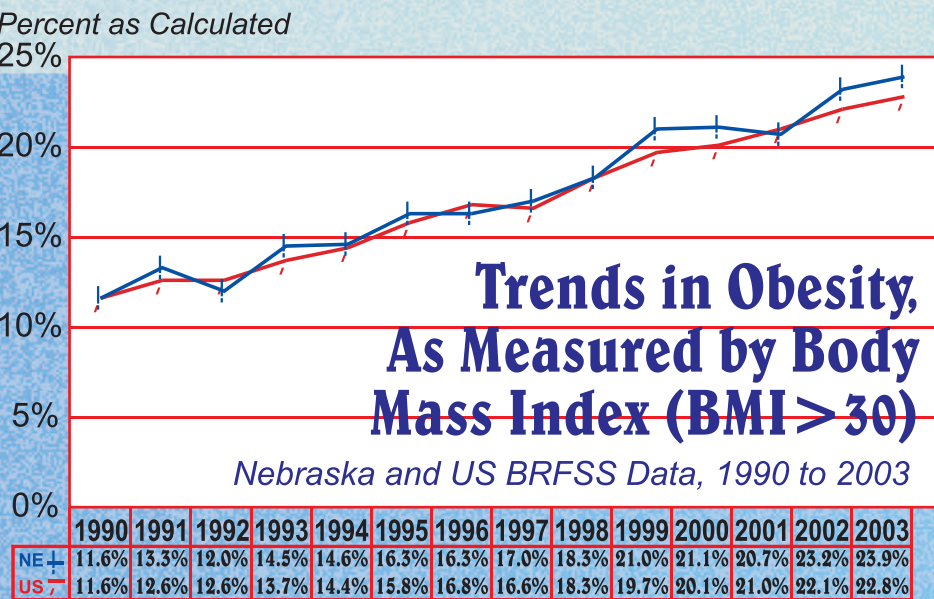


ActionNow Community Diabetes Prevention & Control Program

The ActionNow Community Diabetes Prevention and Control Program was developed by many community partners in response to the rapidly growing number of adults and youth that have pre-diabetes or diabetes. Currently, one in three of us is at risk of developing diabetes in our lifetime. A primary goal of the program is to make the public aware that diabetes can often be prevented or delayed by practicing the healthy behaviors of eating healthy, moving more, and knowing our numbers - blood pressure, cholesterol, and blood glucose. The public is seeing these messages throughout the community on billboards, at the movies, in the media, and on the Web site. The Web site, www.123ActionNow.org, is designed to provide information to the general public as well as to health professionals.



Staff are working with Lincoln Public Schools to pilot the idea of “Walking School Buses” at 10 elementary schools in the spring of 2005. The program, in cooperation with students from UNL, focused on “Walking Wednesdays” at Clinton, Hartley, Pershing, Elliott, McPhee, Belmont, Arnold, Everett, Sheridan, and Ruth Hill. Students from UNL led Walking School Bus routes on six Wednesdays in April and May.



Visit the ActionNow Web site: www.123ActionNow.org

- Learn more about your risk for Diabetes
- How to calculate your BMI (Body Mass Index)
- What resources are available in Lincoln

The Comprehensive Plan, Community Design & Public Health



"Creating an environment in which all people can live healthy lives is a lofty goal. Many environmental and personal factors affect our health. Some are obvious - poor personal lifestyle choices, the air we breathe, the water we drink, the food we eat. Others are less obvious - safe sidewalks in all neighborhoods, trails, bicycle lanes, environmental hazards, a community norm that children walk to school."

**Ed Schneider, OD
Board of Health**

Many people in our community have become overweight and do not get enough physical activity to prevent heart disease, stroke, or diabetes. Everyone who is overweight knows they should lose weight. Everyone that is not physically active knows they should get some exercise. This past year, the Board of Health and the Planning Commission have been meeting to discuss these issues in preparation for the upcoming land use Comprehensive Plan process. It is our goal to become more involved in land use planning and community design decisions in order to make sure we have clean air, clean water, safe neighborhoods, and a walkable, bikeable community so you, our residents, can live healthier lives.

